

FIG. 1

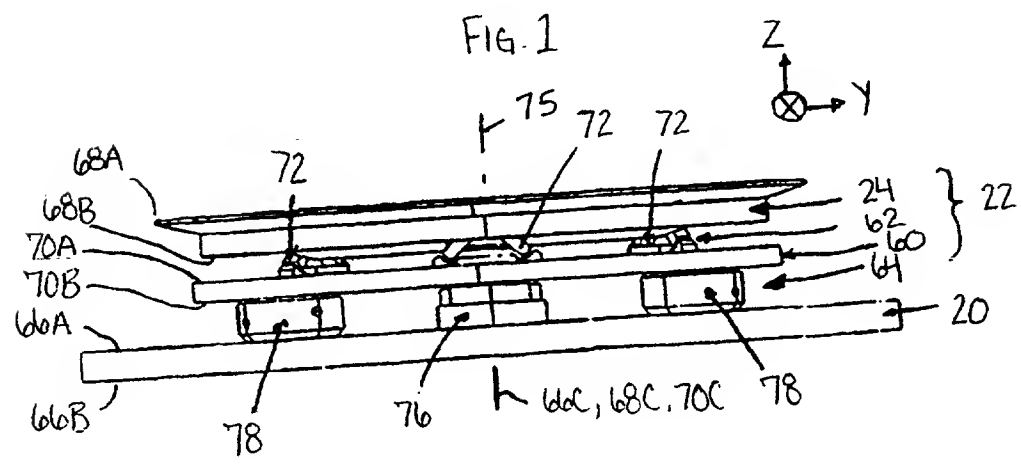


FIG. 2A

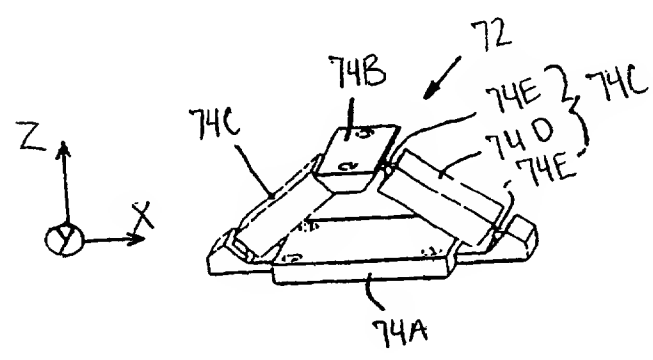
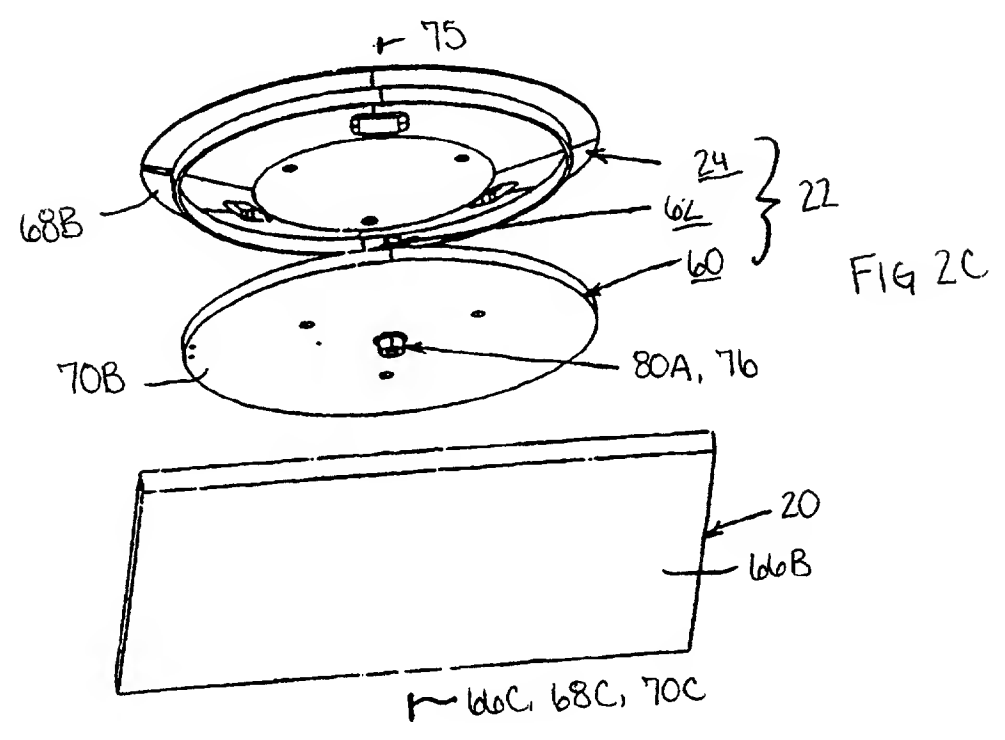
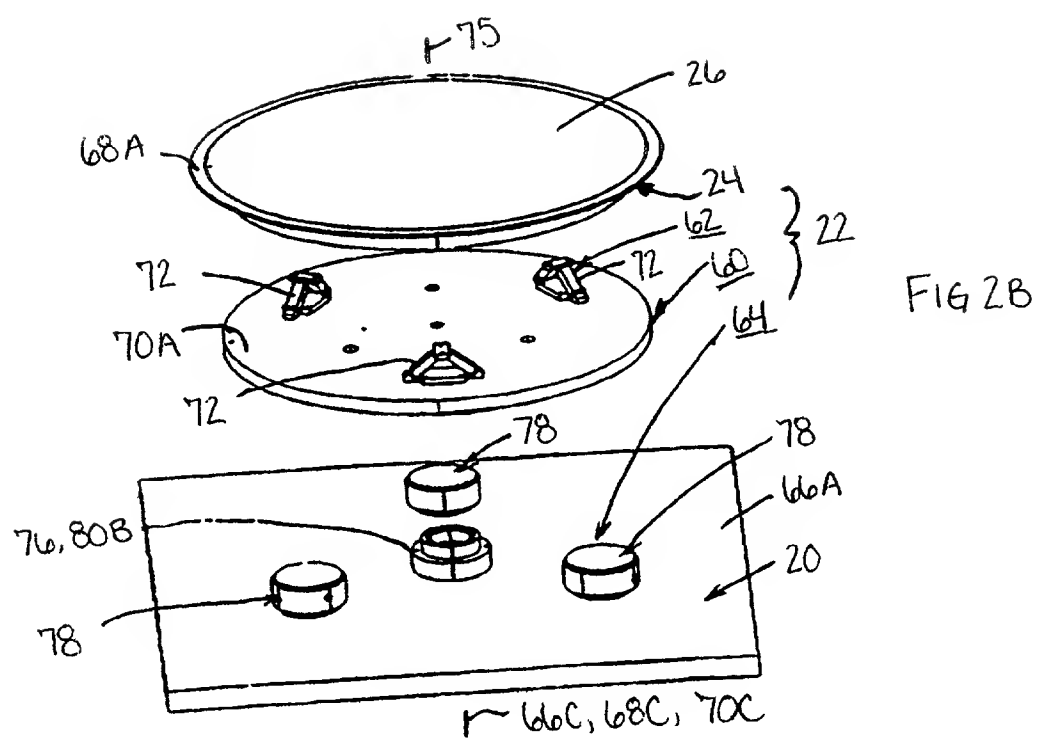


FIG. 20

FIG. 1



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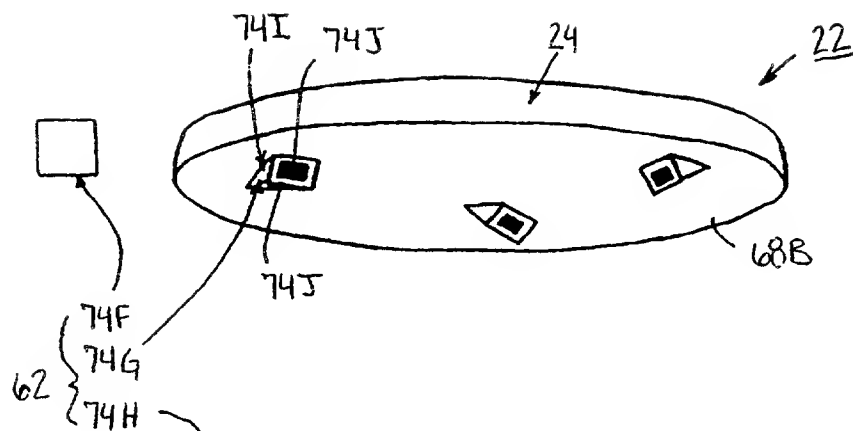


FIG 2E

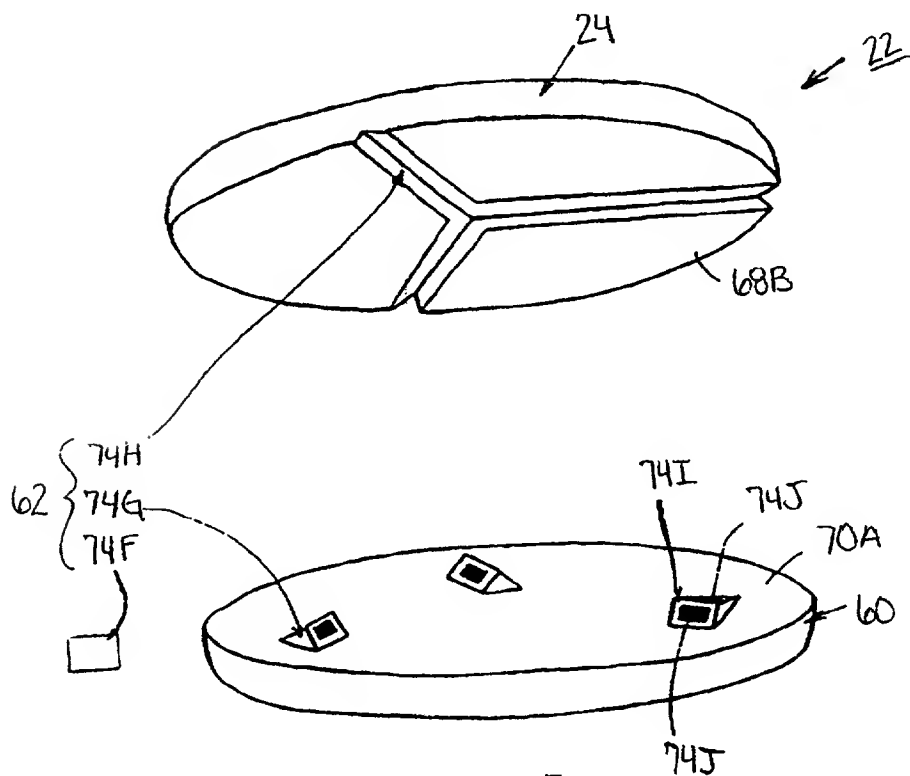


FIG 2F

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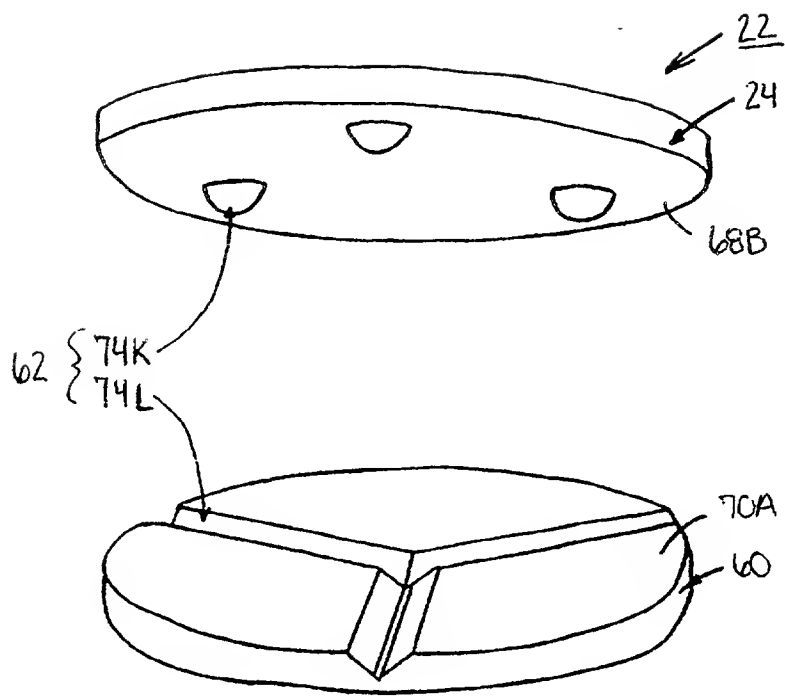


FIG 2G

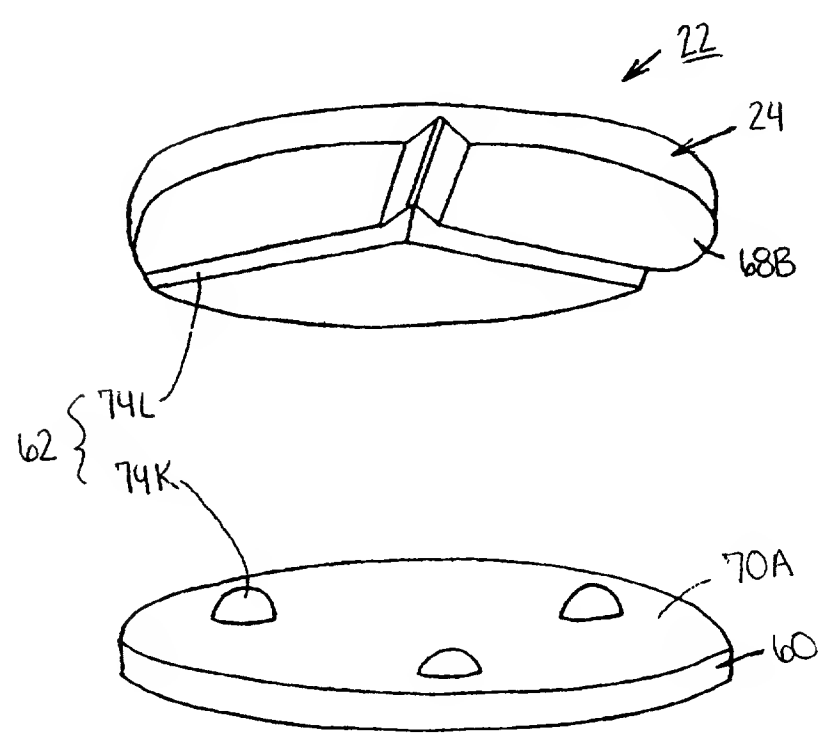
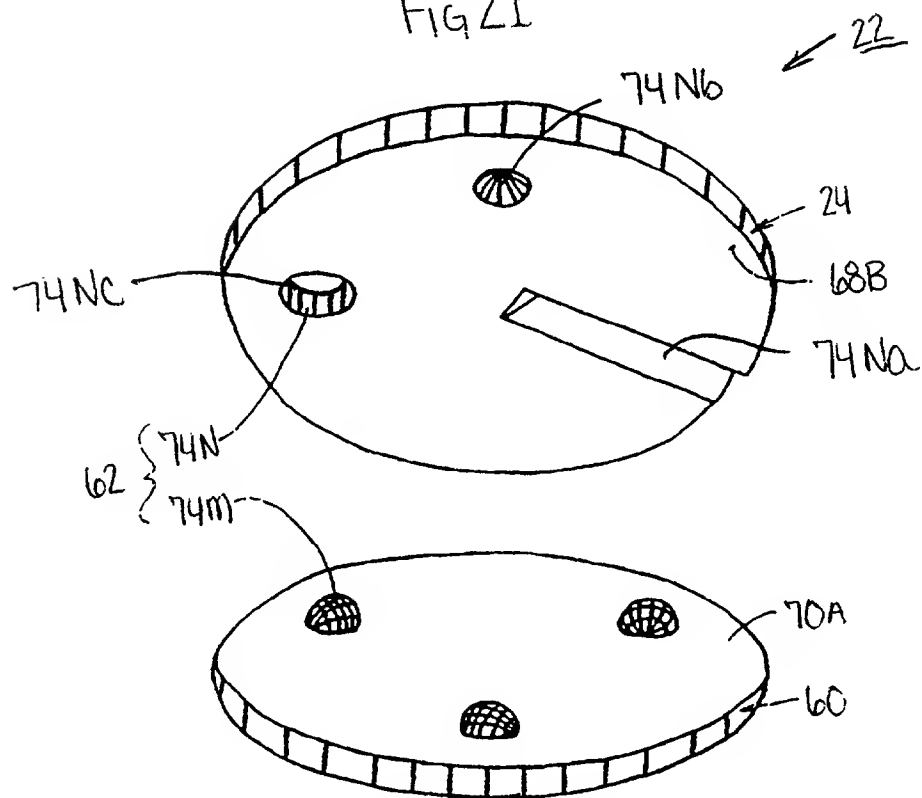
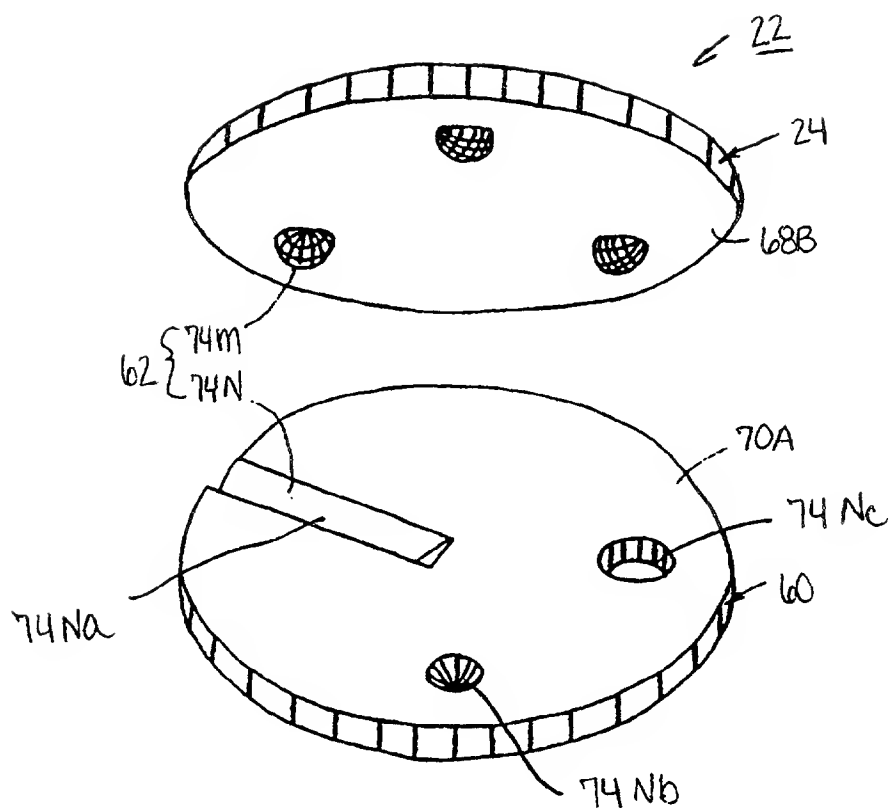
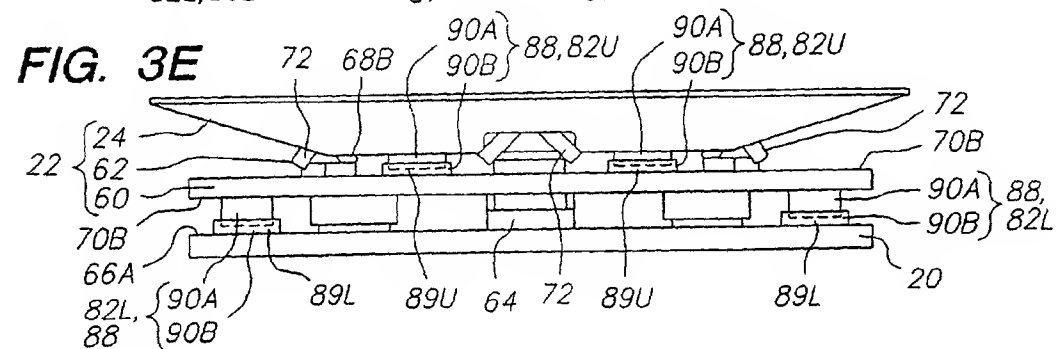
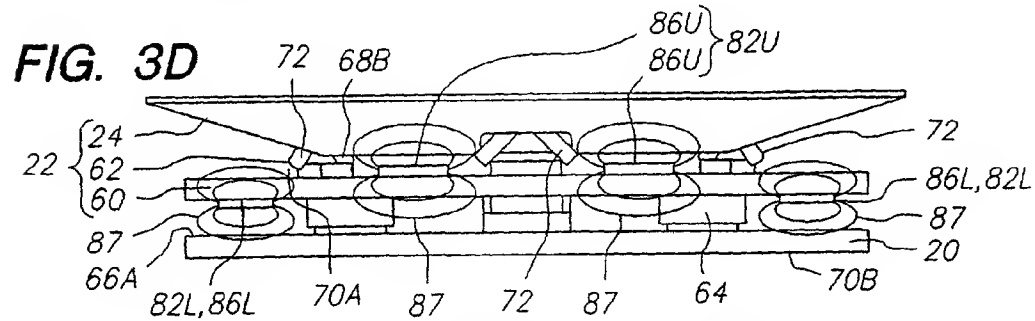
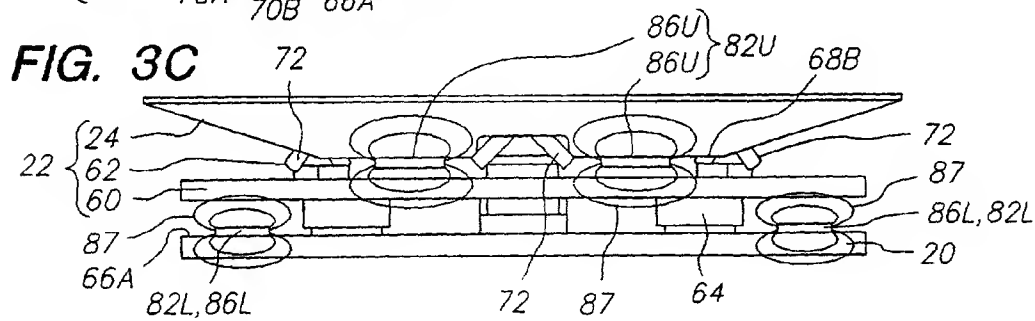
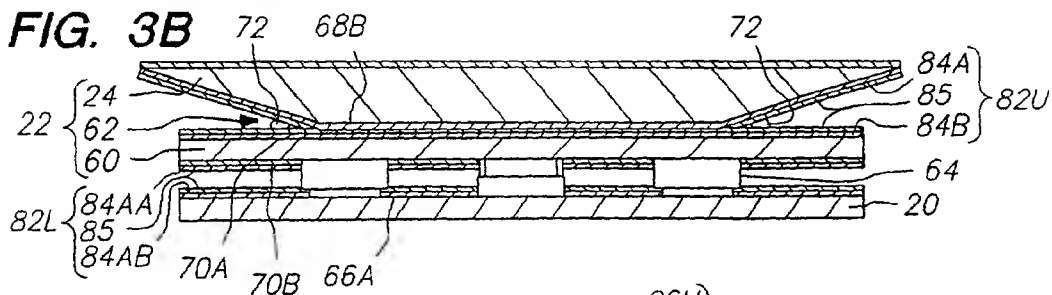
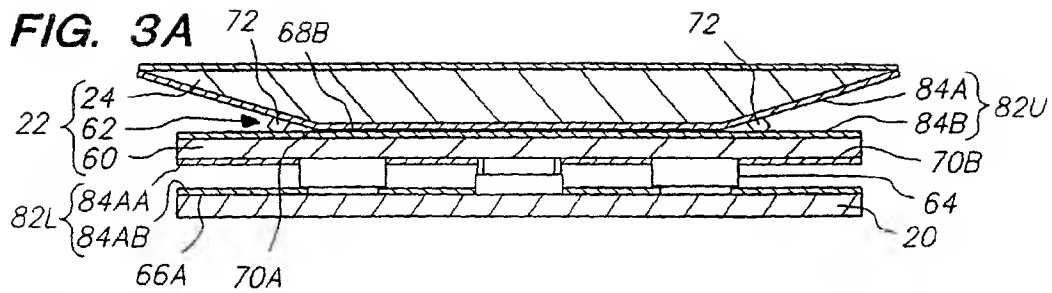


FIG 2H

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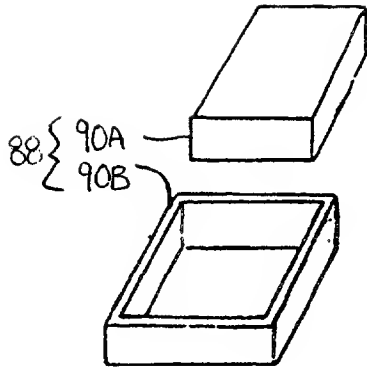


FIG 3F

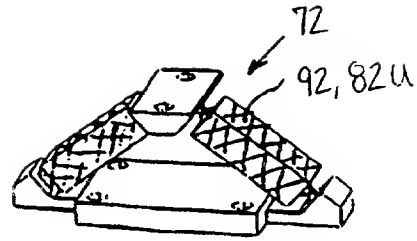


FIG 3G

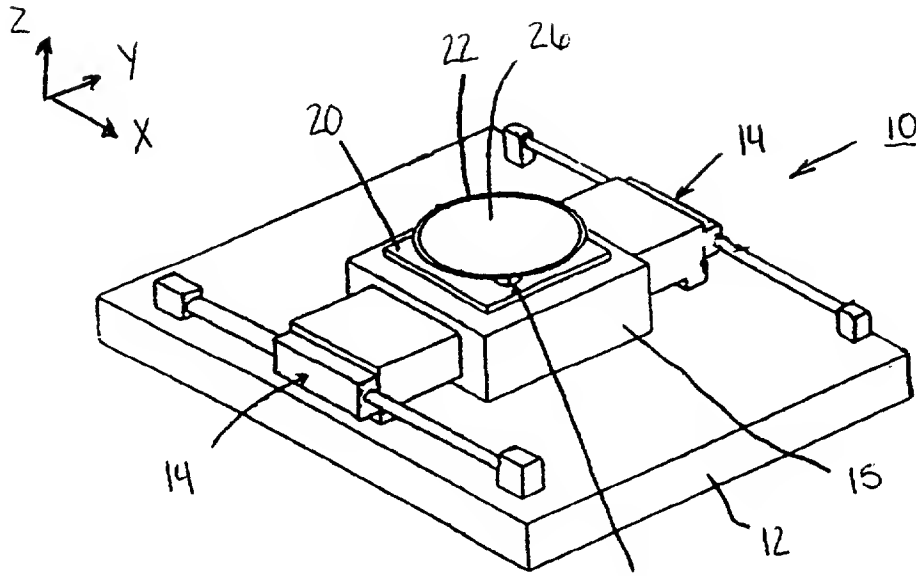


FIG 4A

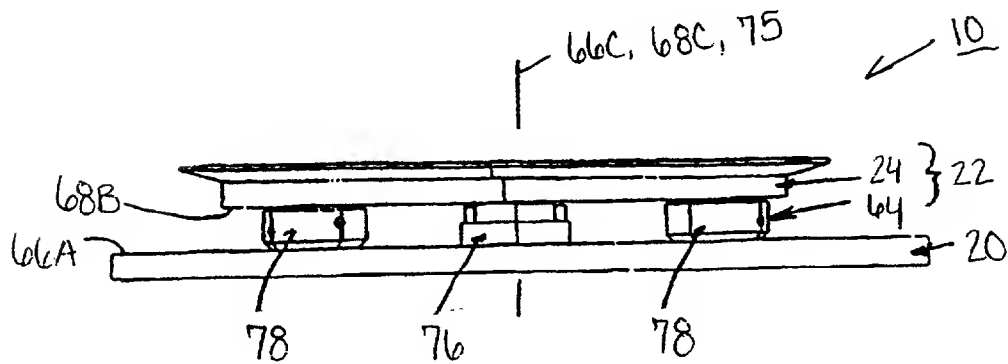
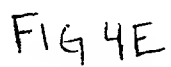
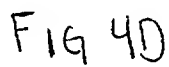
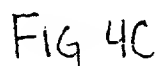
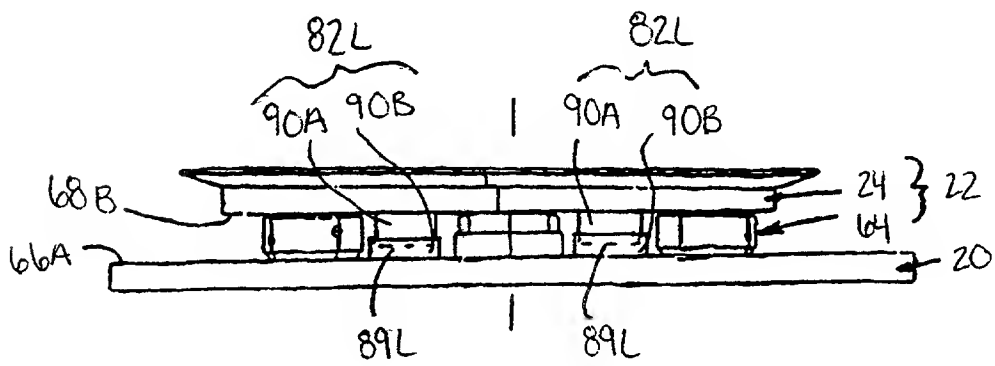
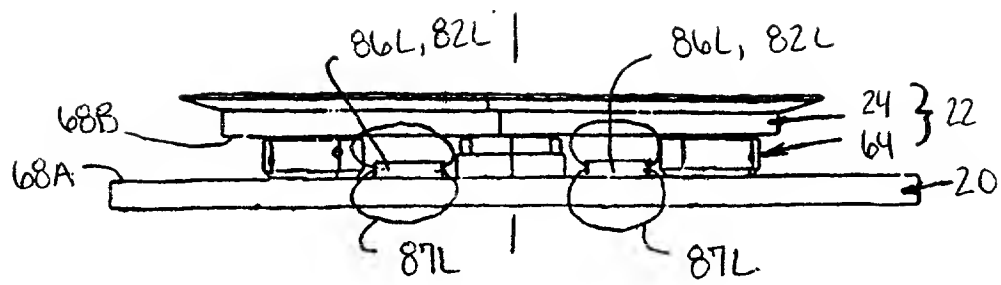


FIG 4B

Table 1. Demographic characteristics of the study population	
Age (years)	65.5 ± 1.2
Gender (male/female)	10/10
Education (years)	12.5 ± 0.5
Occupation (white/blue)	10/10
Marital status (married/divorced/widowed)	10/10/0
Smoking status (smoker/nonsmoker)	10/10
Alcohol consumption (yes/no)	10/10
Comorbidities (hypertension/diabetes/cholesterol)	10/10/10
Medication (antihypertensive/antidiabetic/anticholesterol)	10/10/10
Family history (hypertension/diabetes/cholesterol)	10/10/10
Physical activity (yes/no)	10/10
Stress level (low/moderate/high)	10/10/10
Sleep quality (good/poor)	10/10
Depression score (0-10)	2.5 ± 0.5
Anxiety score (0-10)	3.5 ± 0.5
Life satisfaction score (0-10)	7.5 ± 0.5
Health-related quality of life score (0-10)	8.5 ± 0.5
Overall health status (good/fair/poor)	10/10/10
Study duration (months)	12 ± 1
Dropouts (yes/no)	0/10
Adherence to protocol (yes/no)	10/10
Consent to participate (yes/no)	10/10
Eligibility criteria (met/not met)	10/10
Randomization (yes/no)	10/10
Blinding (yes/no)	10/10
Statistical analysis (yes/no)	10/10
Publication (yes/no)	10/10
Archiving (yes/no)	10/10
Reproducibility (yes/no)	10/10
Validity (yes/no)	10/10
Reliability (yes/no)	10/10
Generalizability (yes/no)	10/10
Applicability (yes/no)	10/10
Feasibility (yes/no)	10/10
Ethical approval (yes/no)	10/10
IRB approval (yes/no)	10/10
Registration (yes/no)	10/10
Peer review (yes/no)	10/10
Open access (yes/no)	10/10
Supplementary material (yes/no)	10/10
Conflict of interest (yes/no)	10/10
Funding source (yes/no)	10/10
Author contribution (yes/no)	10/10
Correspondence (yes/no)	10/10
References (yes/no)	10/10
Tables (yes/no)	10/10
Figures (yes/no)	10/10
Appendices (yes/no)	10/10
Supplementary tables (yes/no)	10/10
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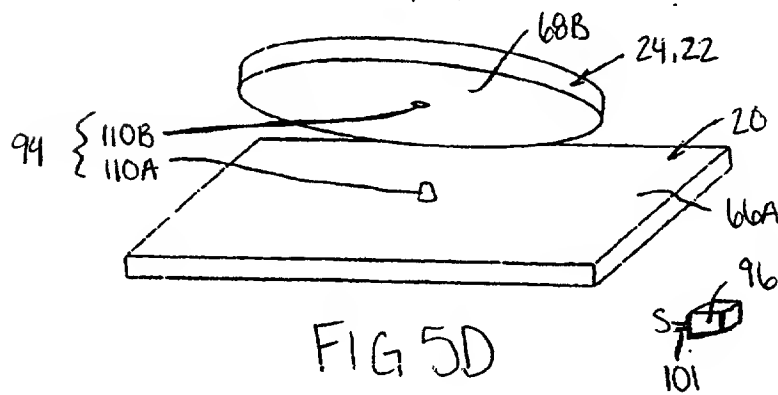
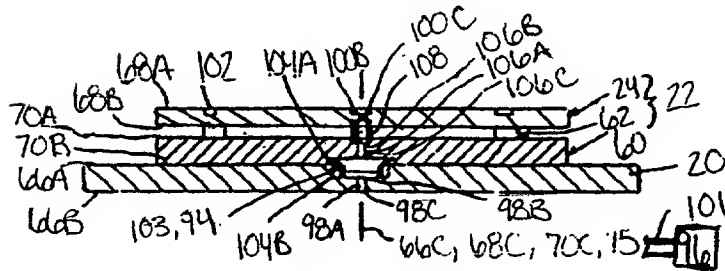
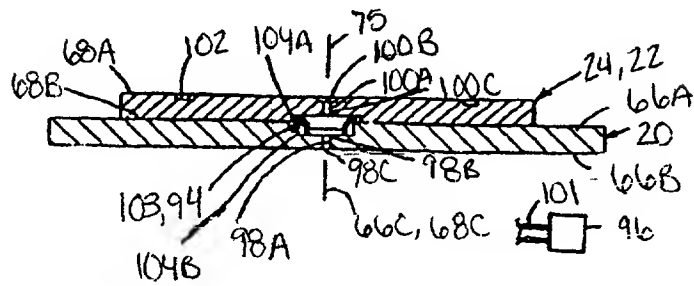
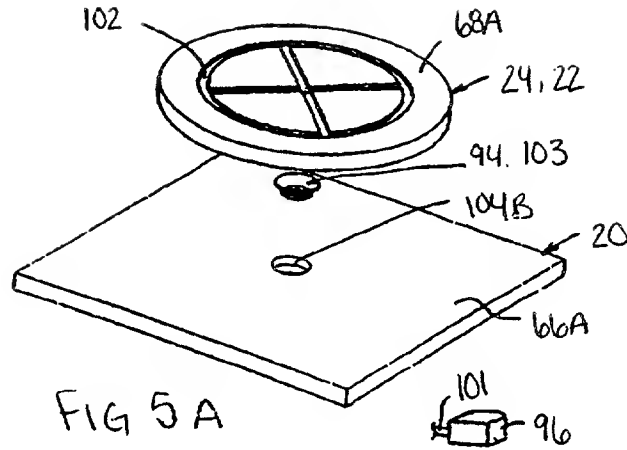


FIG 5A

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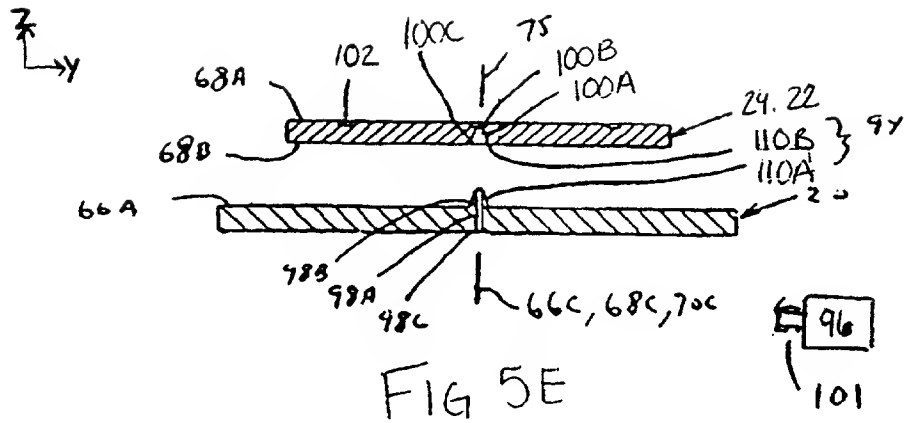


FIG 5E

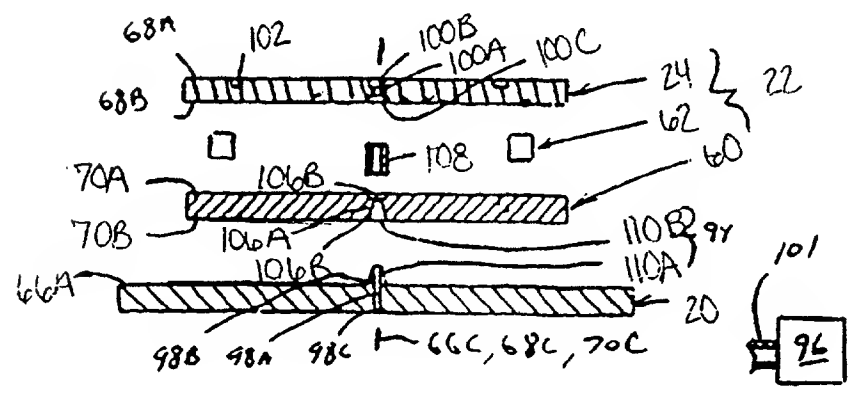


FIG 5F

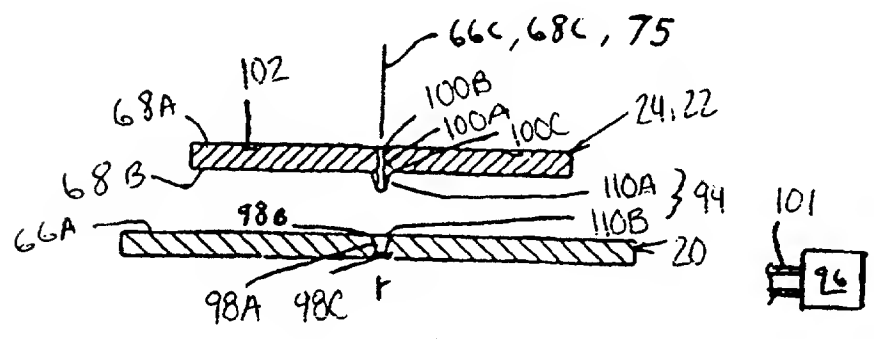


FIG 5G

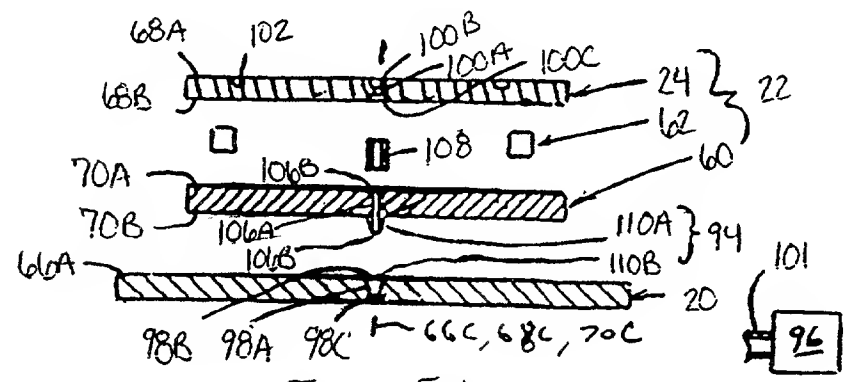
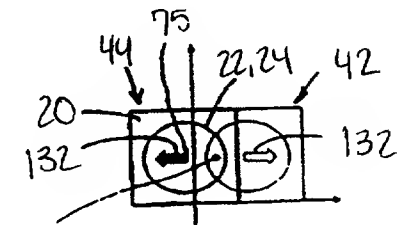
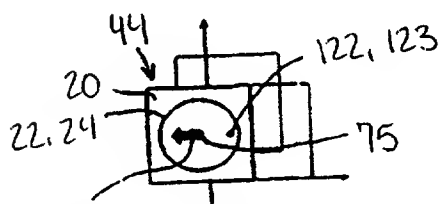
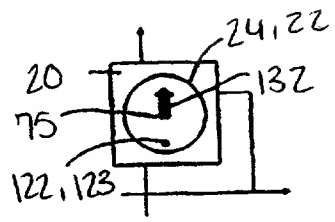
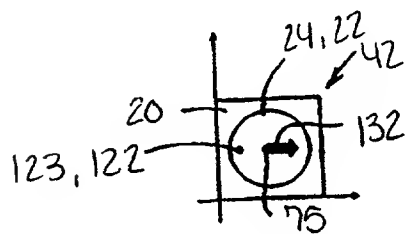
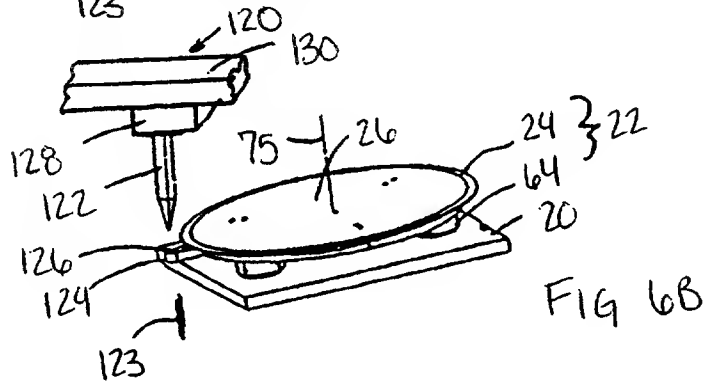
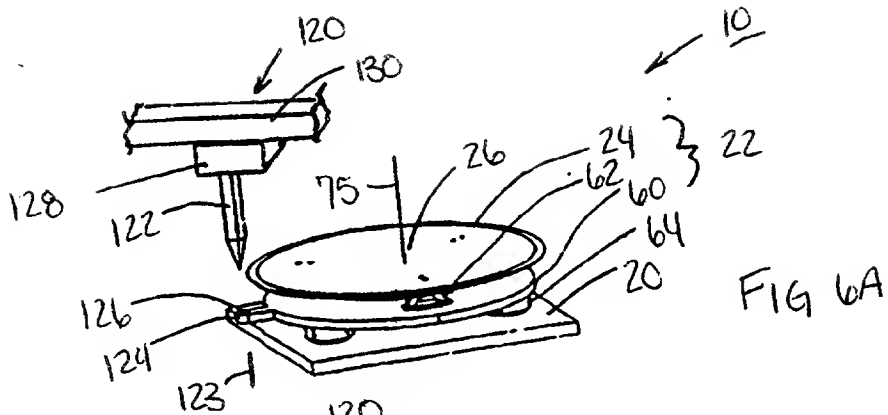
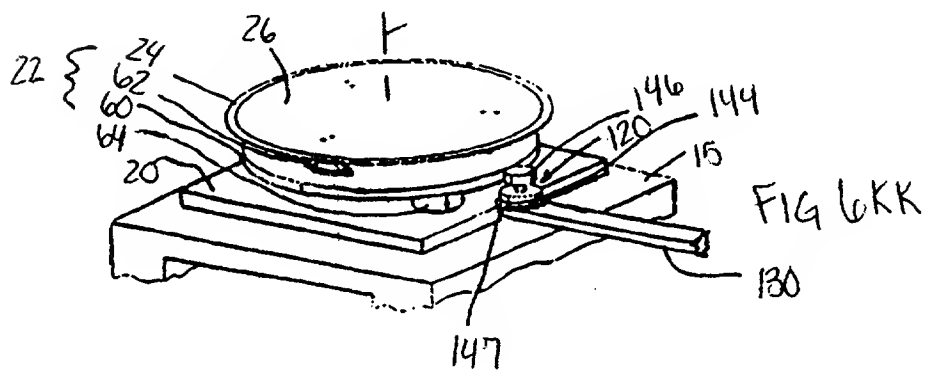
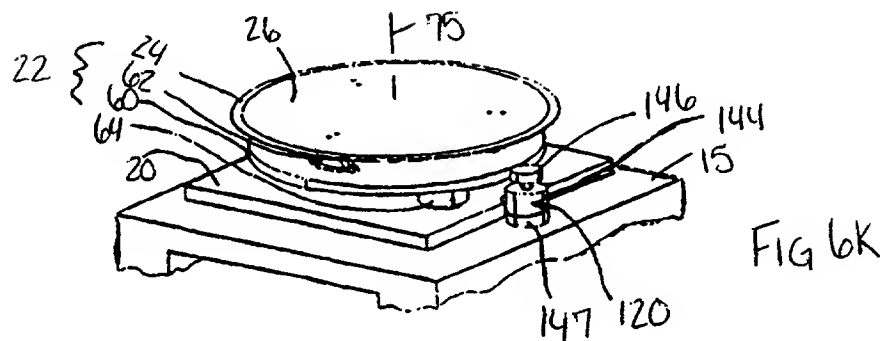
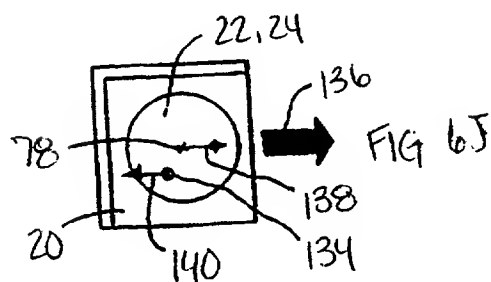
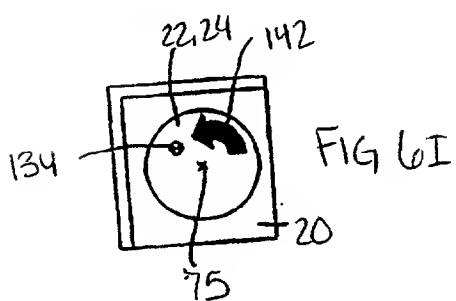
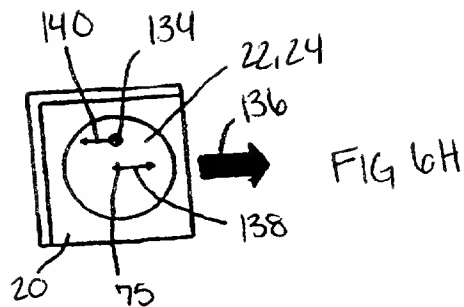
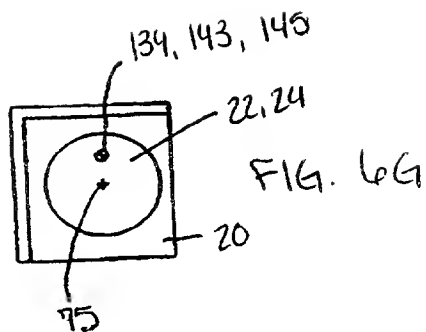


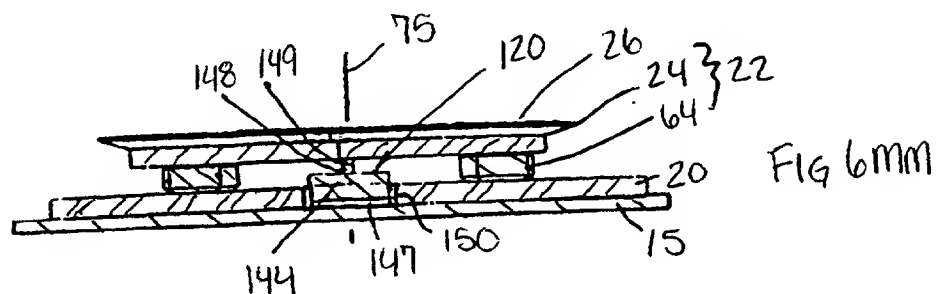
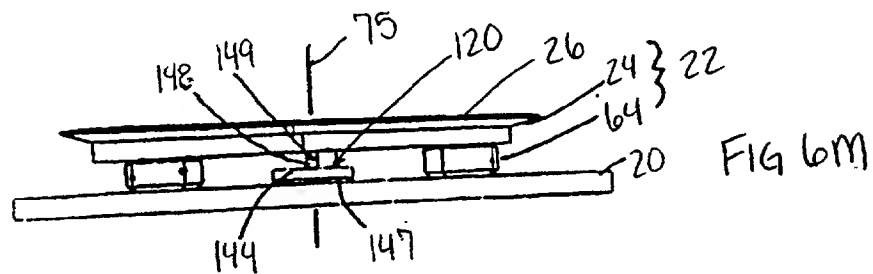
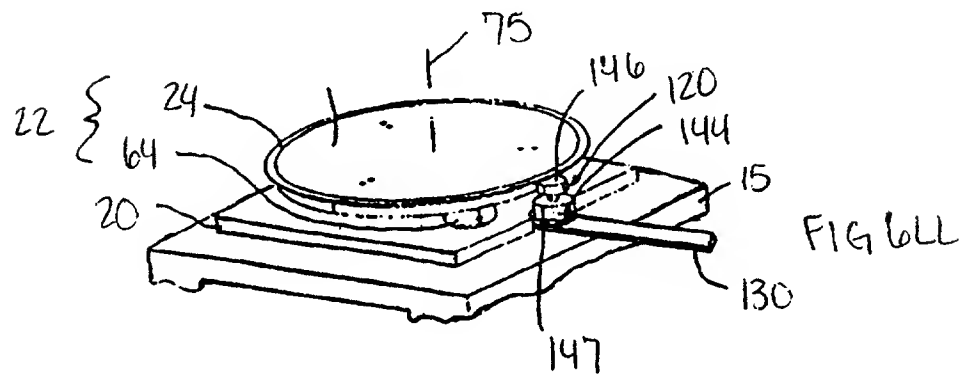
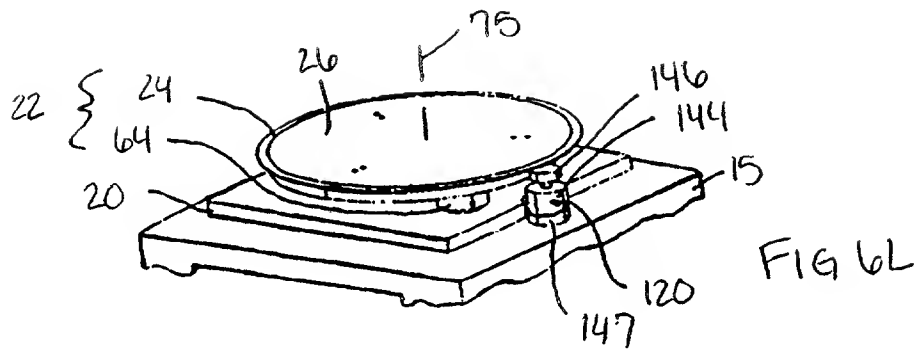
FIG 5H

FIG 5E, FIG 5F, FIG 5G, FIG 5H

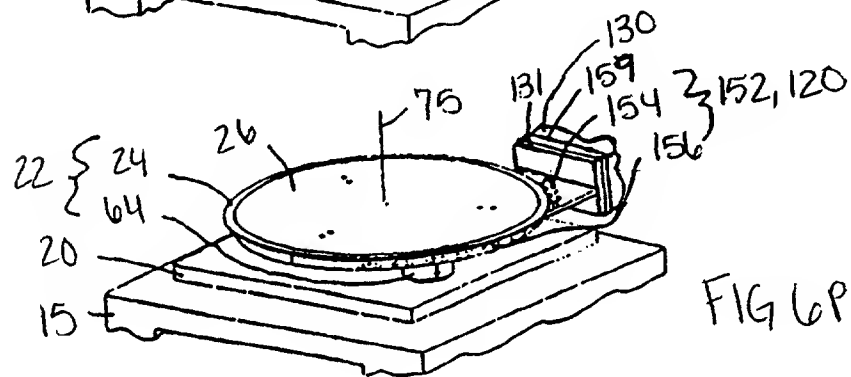
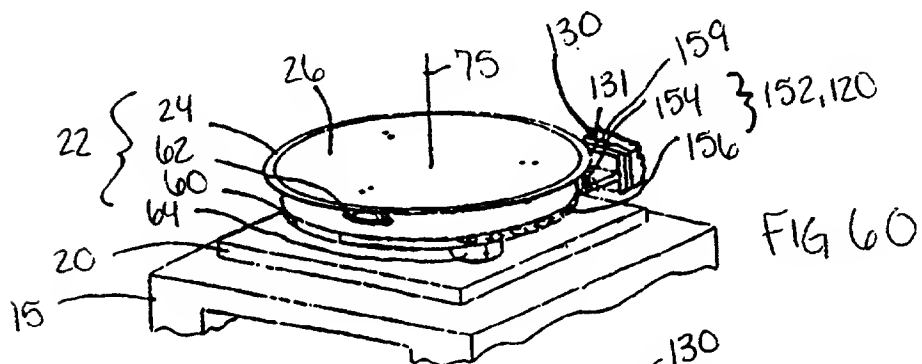
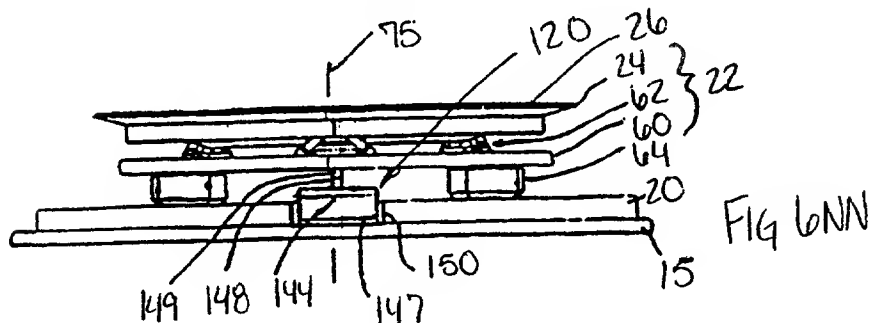
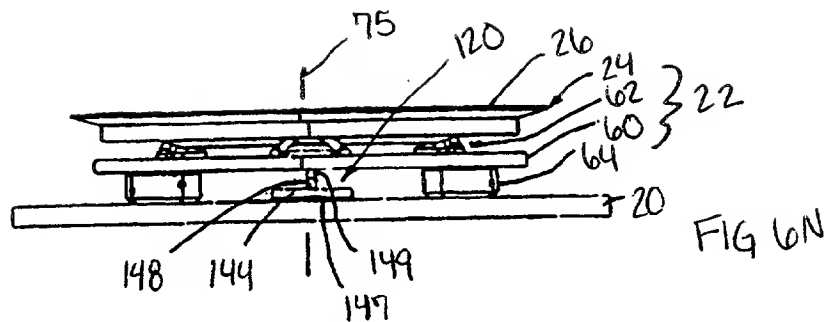
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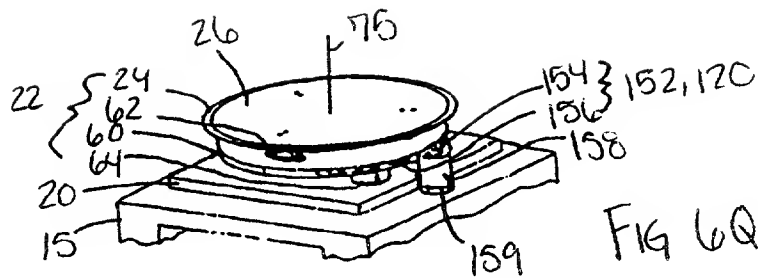


FIG 6Q

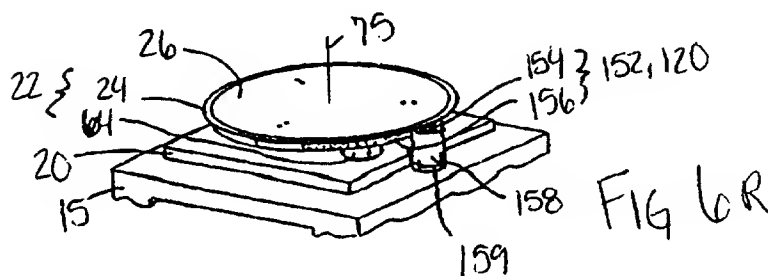


FIG 6R

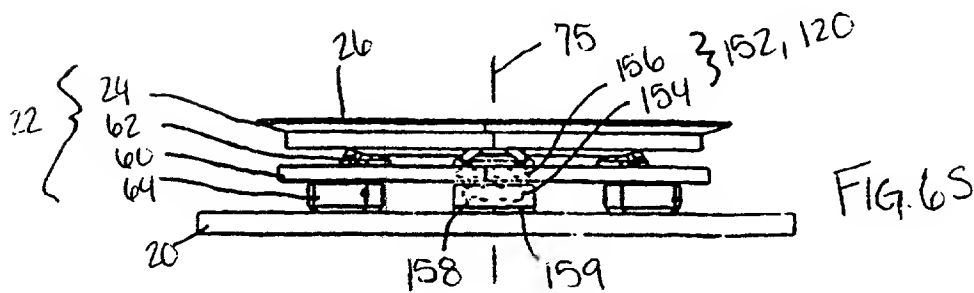


FIG 6S

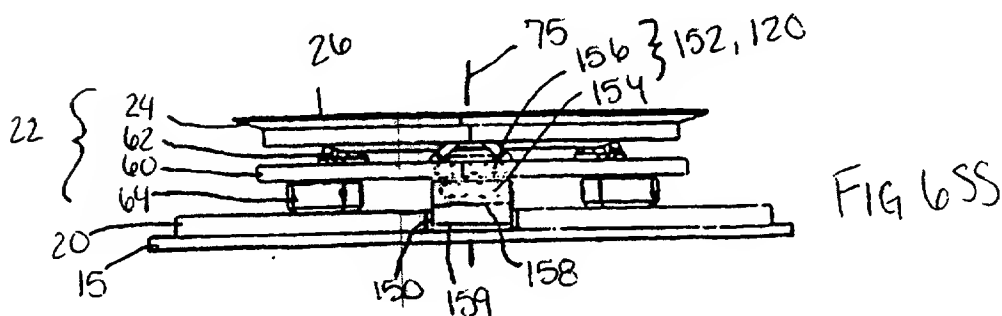


FIG 6SS

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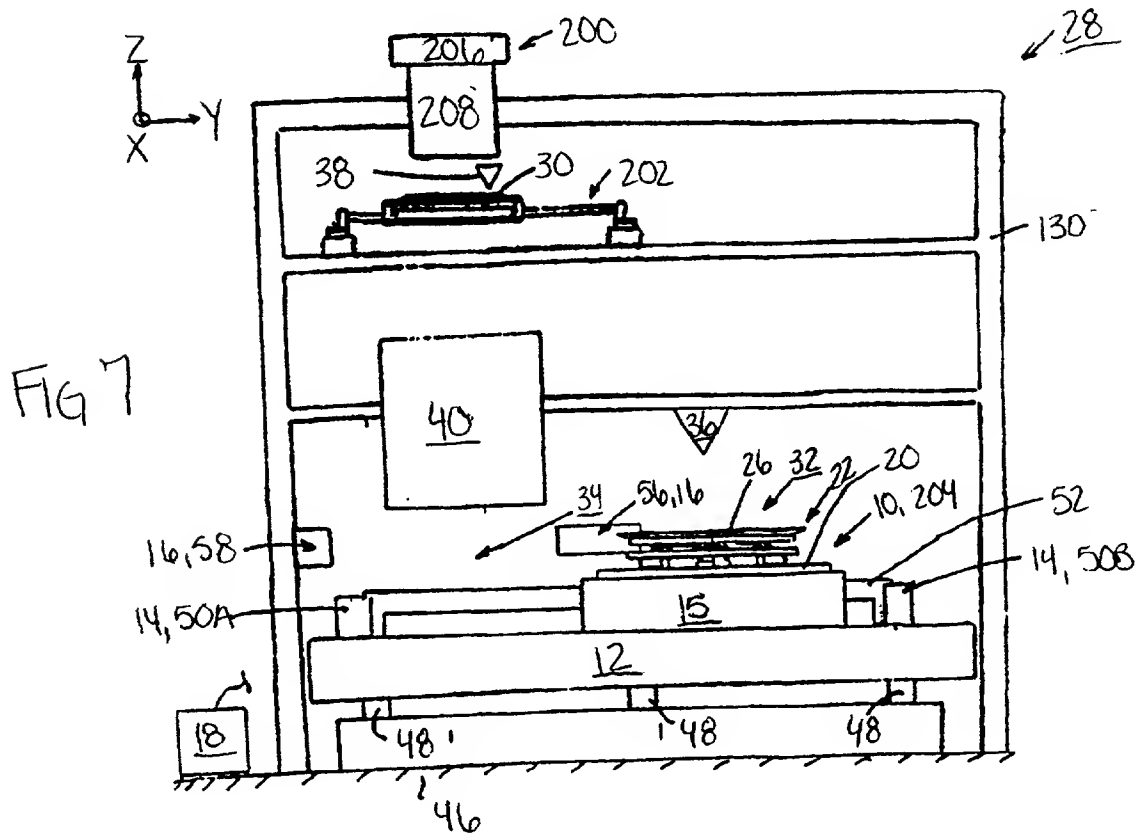
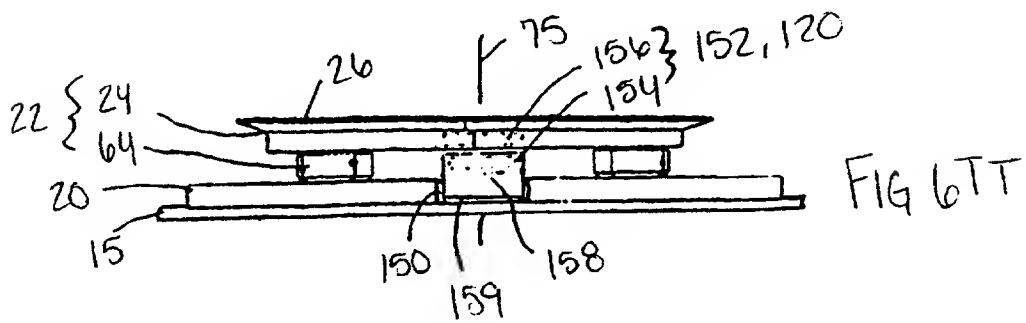
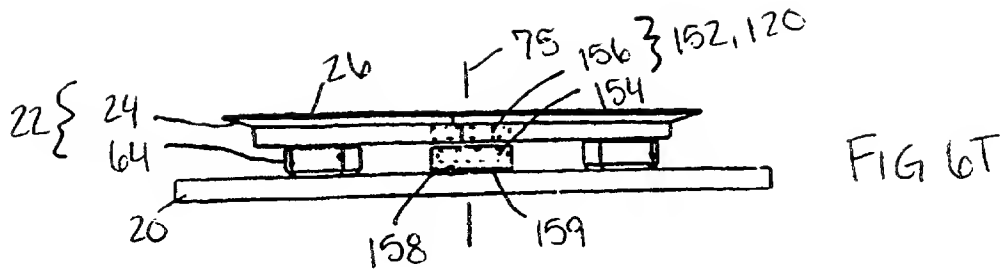


Fig. 8A

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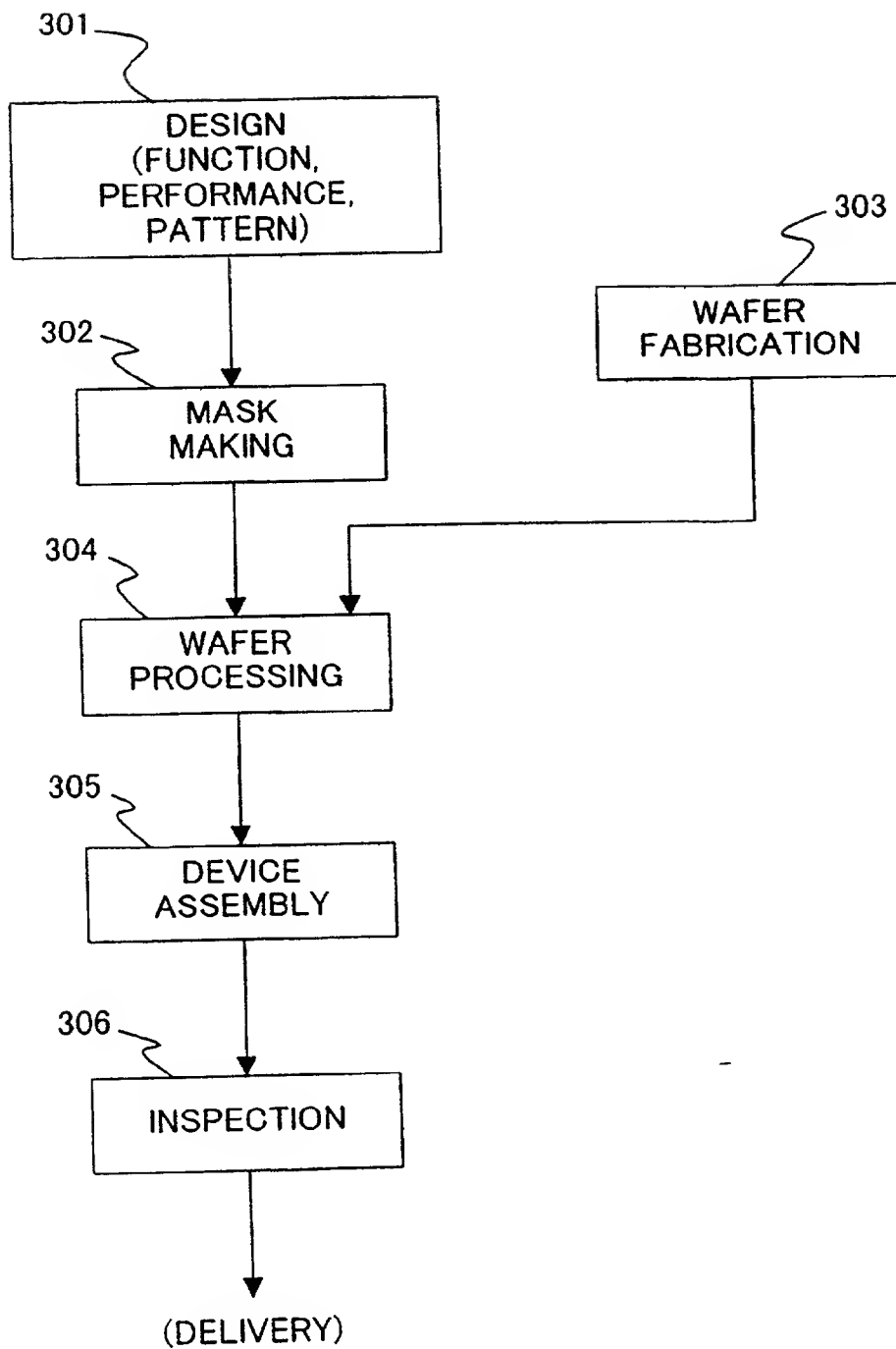


Fig. 8B

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